

On behalf of the Montana Alliance of YMCAs, I am pleased to lend our strong support for the Dept of Health's budget for diabetes prevention.

- **Twenty four million** American adults have diabetes, a disease that costs more than **\$174 billion each year** in direct medical expenses to treat.
- Without a concerted effort to reduce diabetes in our country, these costs **will balloon to \$338 billion by 2020.**
- Another 57 million Americans have pre-diabetes, a reversible condition characterized by high blood pressure and elevated blood sugar levels. If we can intervene before these Americans develop full-blown diabetes, we will save **billions of dollars and avoid the burden of diabetes for millions** in our country.
- The good news is that research shows **more than half of new type 2 diabetes cases can be avoided by weight loss of just 11 to 15 pounds.**
- Studies sponsored by the **National Institutes of Health** have shown that participating in structured lifestyle intervention programs can help pre-diabetics make enduring changes to exercise and diet, **reducing their risk of developing diabetes by nearly 60 percent – at an annual cost of less than \$300.**
- These evidence-based programs, many now funded by the Centers for Disease Control, are provided in partnership with community organizations like the YMCA that have been trained to deliver the program, keeping costs to a minimum and providing a great return on investment.
- On behalf of the Montana Alliance of YMCAs, we applaud the Dept for their work in this area and encourage continued funding of this important work. Not only will the continued investment in diabetes prevention result health care costs savings for the state, but more importantly improved health and quality of life for Montanans.